

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

## November Program Highlights

### The Inside Scoop: Education & Ice Cream

#### Osteoporosis

According to the National Osteoporosis Foundation 54 million Americans are currently living with or are at-risk of osteoporosis and low bone mass. One in two women and up to one in four men age 50 and older will break a bone due to osteoporosis. Dr. Bhargava, a rheumatologist with Mid-Maryland Musculoskeletal Institute, will provide a better understanding of the disorder, discussing risk factors and how to make the lifestyle changes needed to build and maintain strong bones.

**Date:** Tuesday, November 18

**Time:** 6:30 p.m. **Cost:** Free

#### Morning Exercise

Come exercise with us! These videos are made especially for seniors. Videos may include stretching, strength, balance, and cardio exercises.

**Date:** Mondays-Thursdays

**Time:** 11:00 a.m.

**Cost:** Free, video exercise, no instructor

#### Strength Training

Join us for an exercise that includes the use of weights. Bring a set of light weights.

**Days:** Mondays & Thursdays

**Time:** 9:30 a.m.

**Cost:** Free, video exercise, no instructor

#### Tuesday Night Games

Enjoy an evening of games! We play for fun and bragging rights!

Join us for pizza at 5:30 - \$5.00 per person.

**Mexican Train Dominos**

**Date:** Tuesday, November 4

**Time:** 6:00 p.m. **Cost:** Free

**Bunco! Bunco! Bunco!**

**Date:** Tuesday, November 25

**Time:** 6:00 p.m. **Cost:** Free

#### Election Day Lunch/Dinner

This election day join us for an All American Hot Dog meal!

**Date:** Tuesday, November 4

**Time:** Lunch: served Noon-1:00 p.m.

Dinner: served 5:00-6:00 p.m.

**Cost:** \$5.00

#### Breakfast with Nurse Steve

Come hear Nurse Steve and enjoy a delicious breakfast for lunch. Nurse Steve's talk will be "How can I reduce my risk or manage my diabetes? A discussion of risk factors and information on diet, exercise and medication"

**Date:** Thursday, November 12

Sign-up by Monday, November 10

**Time:** Noon

**Cost:** \$4.80 (Regular meal cost)

#### Thanksgiving Lunch

Join us for this month's special meal:

Thanksgiving! We'll enjoy lunch and a special giving thanks activity. Lunch: carved turkey, bread stuffing, green beans, cranberry sauce, pumpkin pie

**Date:** Tuesday, November 25

Sign-up by Wednesday, November 19

**Time:** Noon

**Cost:** \$4.80 (Regular meal cost)

#### Mobile Information and Assistance (I&A)

Need help? A staff member from the Department of Aging will provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

**Date:** Thursday, November 12

Appointments are encouraged

**Time:** 11:00 a.m. **Cost:** Free